

TIPS FOR NEW NONSMOKERS

You Are Successful, Here is Why

You are no longer one of the people who spend \$45 billion per year on cigarettes.

You are no longer influenced by the \$15 billion Big Tobacco spends on cigarette advertising yearly.

You are a positive role model; for your children, your grandchildren and your whole community.

You should feel really good about yourself. **You have succeeded at becoming a nonsmoker.**

In the process of gaining control of your smoking habit, you learned two major principles:

1. “Success is nothing more than a plan that is adhered to.”
 - a. You thought you would be better off as a nonsmoker.
 - b. You enrolled in the Cooper/Clayton Class.
 - c. You implemented the plan with the other people in the class and you all supported each other during this important process.
 - d. You achieved your goal by adhering to the plan.
 - e. You are successful.
2. “A major problem can be solved when cut up into a series of small problems.”
 - a. Cooper/Clayton is a series of small steps to solve a big problem.
 - b. You recorded how many cigarettes you were smoking.
 - c. You used another source of nicotine and slowly reduced the source.
 - d. You overcame social and psychological issues that were related to smoking.

When someone finishes this program successfully, they have taken control of an addiction. You have learned skills that can help you take control of other aspects in your life that you’d like to change.



DEPARTMENT OF
**PUBLIC HEALTH
AND WELLNESS**

Louisville Metro Department of Public Health & Wellness and Kentucky Cancer Program coordinate the Cooper/Clayton Method to Stop Smoking program in collaboration with community partners.

